

METFORMIN

Start metformin 500 mg once daily at breakfast for 2 weeks, then take 500 mg twice daily at breakfast and dinner for 2 weeks, then take 500 mg three times daily at breakfast, lunch and dinner for 2 weeks, then take metformin 1000 mg twice daily at breakfast and dinner. Start vitamin B12 500 ug/day. You can buy this at any pharmacy.